

Bioavailable electrolytes received from four large raw eggs

The primary electrolytes in eggs are Sodium, Potassium, Phosphorus, and Magnesium and Chloride.

Potassium is critical for heart function, muscle contractions, and nerve transmission. It works in opposition to sodium to help regulate blood pressure by relaxing blood vessel walls and excreting excess sodium. It's also vital for maintaining the body's total fluid balance.

Phosphorus - While often discussed for bone health (with calcium), phosphorus is a critical intracellular electrolyte. It is a fundamental component of ATP (adenosine triphosphate), the body's primary energy currency. It also helps buffer acids and bases in the blood and is a structural part of cell membranes.

Magnesium is a co-factor in over 300 enzymatic reactions, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation. It's essential for energy production.

Chloride is a negative ion that works with sodium to maintain fluid balance and is a crucial component of stomach acid (hydrochloric acid), which is necessary for digestion and nutrient absorption.

Sodium: Helps replenish lost sodium, easing headaches and fatigue.

Potassium & Magnesium: Help prevent muscle cramps and support heart health, For an Athlete: The electrolyte profile supports recovery. The phosphorus aids in ATP regeneration (replenishing energy stores), while the potassium and magnesium help with muscle relaxation and preventing cramps. Four raw eggs makes an exceptionally balanced whole-food source for supporting energy metabolism (phosphorus), nerve and muscle function (potassium, sodium, magnesium), and fluid balance (sodium, potassium, chloride). The fact that these minerals are packaged with high-quality fats and proteins only enhances their value for overall health.